



MyPyramid Audio Podcasts

Road Trip Snacking

[Intro Music] Welcome to MyPyramid Podcasts. They are brought to you by the USDA's Center for Nutritional Policy and Promotion. I'm your host, and I'll be sharing tips you can use everyday to eat right and get active.

[Sound Effects: car, highway, are we there yet?] Hitting the road this weekend? With these tips, it's not hard to eat healthy while you on the go. Instead of salty or sugary snacks, pack some fresh fruit, cut-up vegetables, or low-fat string cheese to curb your hunger. If you need to make a stop, reach for nuts and dried fruit at any convenience store. They're no mess and no fuss foods to eat in the car. However, before reaching for these snacks – make sure to ask yourself if you're really that hungry, or if instead you just bored. It might be if you play a game or watch a movie it might take your mind off the food.

That's it for today. To see these tips in action on a video podcast, go MyPyramid.gov. While you're there, check out other great ideas on how to eat and live healthy. Talk to you next time!